

# Day Centre Calendar January 2-6<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
<p data-bbox="94 235 155 300"><b>2</b></p> <p data-bbox="188 454 443 535"><b>2012</b></p> <p data-bbox="120 568 551 844"><b>HAPPY NEW YEAR!</b></p> <p data-bbox="107 860 551 925"><b>No Groups!</b></p>	<p data-bbox="591 235 653 300"><b>3</b></p>  <p data-bbox="604 657 1008 787"><b>Games Day</b> @ Day Centre 1-3</p> <p data-bbox="645 1104 981 1282"><b>On With Life</b> 6:00-7:00pm ABI Survivors Mutual Support Group</p>	<p data-bbox="1056 235 1118 300"><b>4</b></p> <p data-bbox="1128 276 1451 454">Drop In &amp; Fitness Group *Sit to Be Fit* 10:00-11:00</p> <p data-bbox="1155 511 1424 665"><b>POWER HOUR</b> Energy Boosting Snacks \$2.00 11:00 – 12:00</p> <p data-bbox="1048 779 1464 893"><b>CREATIVE 1-3PM</b> <b>EXPRESSIONS</b></p> <p data-bbox="1048 1136 1464 1193"><b>MUSIC GROUP</b></p>  <p data-bbox="1048 1323 1290 1372">5:30-7:30pm</p>	<p data-bbox="1521 235 1583 300"><b>5</b></p> <p data-bbox="1585 365 1908 625"><b>The Lunch Box:</b> <b>Stuffed Green</b> <b>Peppers</b> 11:00-1:00 Cost 3\$</p> <p data-bbox="1518 722 1881 860"><b>Workshop Series:</b> <b>Health &amp; Nutrition</b> 1:00-2:00pm</p> <p data-bbox="1559 958 1935 1112">~Brain Waves~ Newsletter Group 2:00-3:00pm</p> <p data-bbox="1572 1242 1948 1372"><b>Arts &amp; Crafts</b> 5:30-7:30pm</p>	<p data-bbox="2016 235 2077 300"><b>6</b></p> <p data-bbox="2136 406 2392 641"><b>TGIF</b> <b>1-3pm</b></p>  <p data-bbox="2042 974 2486 1282"><b>Coffee/Lunch</b> <b>Outing</b> <b>Electric Avenue</b> <b>Bistro (Elm St.)</b></p> <p data-bbox="2029 1380 2499 1494">Meet and Catch Up After the Holidays 😊</p>
<p data-bbox="134 1218 524 1339"><b>OMOD</b> <b>DAY CENTRE</b></p> <p data-bbox="120 1347 537 1559">96 Larch St. Suite 405 Sudbury ON 705-671-3188 ext. 222</p>				

# Day Centre Calendar January 9-13th

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>9</b>	<p><b>NEW!</b></p> <p><b>ANGER AWARENESS</b> <b>1:00 – 2:00pm</b></p> <p><b>J.U.G.S 2:00-3:00pm</b> "Just Us Guys"</p> <p><b>Community Kitchens</b></p>  <p>3:30-5:30pm</p> <p><b>OMOD DAY CENTRE</b> 96 Larch St. Suite 405 Sudbury ON 705-671-3188 ext. 222</p>	<b>10</b>	 <p><b>Games Day</b> <b>@ Day Centre 1-3</b></p> <p><b>On With Life</b> <b>6:00-7:00pm</b> ABI Survivors Mutual Support Group</p>	<b>11</b>	<p>Drop In &amp; Fitness Group *Sit to be Fit* 10:00-11:00</p> <p><b>POWER HOUR</b> 11:00 – 12:00</p> <p><b>CREATIVE 1-3PM EXPRESSIONS</b></p> <p><b>MUSIC GROUP</b></p>  <p>5:30-7:30pm</p>	<b>12</b>	<p><b>The Lunch Box:</b> <b>Tortiere &amp; Veggies</b> 11:00-1:00 Cost 3\$</p> <p><b>Workshop Series:</b> <b>Health &amp; Nutrition</b> 1:00-2:00pm</p> <p>~Brain Waves~ <b>Newsletter Group</b> 2:00-3:00pm</p> <p><b>Arts &amp; Crafts</b> 5:30-7:30pm</p>	<b>13</b>	<p><b>TGIF</b> <b>1-3pm</b> <b>ANNIVERSARY CELEBRATION!</b></p>  <p>Come and help us celebrate one year of fun at the Day Centre!</p>

